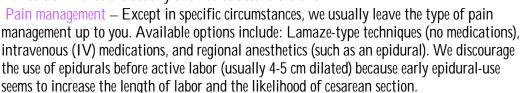






Environment — If you would like to have the softer lights, or bring/play your own music, that is usually acceptable and is simply a matter of conveying your desire to our caring staff in Labor and Delivery. During and after the actual delivery, some lighting is necessary.

Visitors – Your partner is welcome throughout your labor and delivery unless an emergency cesarean section is necessary and you require general anesthesia. In addition, depending upon your wishes, the maturity of your visitors, the room size, and your condition, other family members or friends are usually allowed to attend the birth.



IV — We strongly recommend that you have an IV in place during labor so that we can quickly provide care in the event of an emergency. It is common to attach the IV to tubing and give some IV fluids, but if you desire, this can usually be limited.

Food and Drink – We recommend limiting your food and drink to clear liquids and hard candy so that your stomach can be relatively empty. If an emergency delivery is necessary and you have to have general anesthesia, it is much safer for you if your stomach is empty.

Monitors — We usually do continuous fetal monitoring once you are admitted to labor and delivery. If your pregnancy is uncomplicated, there may be times when it is appropriate to go for periods without fetal monitors. Usually the fetal monitors are placed on your abdomen over your uterus. If additional information is necessary, we sometime put monitors directly on the baby or inside your uterus.

Labor positions — As long as we are able to frequently monitor the baby (the situations vary), you are free to move around the room.































